THE YEAR OF JUSTIN TRUDEAU
metroNEWS
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Your essential daily news | THURSDAY, OCTOBER 20, 2016

High 12°C/Low 8°C Rainy

The Metro movement
Numbers soaring
Turn to pg. 3

A car cuts in front of an oncoming cyclist on Somerset Street East.
ADAM KVETON/FOR METRO

SHAAAAAARE

Metro explains the city's 'advisory cycling lane' pilot program
metroNEWS

Getting that sinkhole feelin' again

COMMUTE

Rideau Street to be closed until December

Emma Jackson
Metro | Ottawa

The Rideau sinkhole is haunting commuters and business owners once again.

Beginning Wednesday night, Rideau Street will be closed from Sussex Drive to Daly Avenue until the end of the year so light rail contractor Rideau Transit Group can stabilize the soil around a major sinkhole that closed the road in June. The work needs to be done before the final 30 metres of tunnelling can be completed.

Nightly closures began Oct. 3, and city staff had hoped RTG would be able to get its work done without major disruptions to businesses or transit. But after two weeks of slow progress, staff agreed this week to close the road around the clock.

"This gives them 24/7 and they can be very, very productive," said transportation manager John Manconi.

The trade-off, of course, is more pain for businesses and commuters. Bus routes 2, 4, 9, 12 and 18 will now stop on either side of the canal, forcing many passengers to transfer or walk further to reach their final destinations.

Route 12 user Sam Boswell said there's been little communication about the changes, which came in with less than two days' notice. "I think a lot of people are going to be caught off-guard," she said.

Systems manager Pat Scrimgeour said the routes had to be shortened because Mackenzie King bridge has very little capacity to take more buses over the canal.

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Thank you, Ottawa

MEDIA

Metro Ottawa weekday readership hits 130,000

Metro Ottawa has once again eclipsed the Ottawa Sun to become the capital's second-most read daily newspaper.

Metro Ottawa has 130,000 weekday print readers — moving ahead of the Sun's 118,000. The Ottawa Citizen has 193,000 weekday print readers.

This latest study by Vividata — the media industry's organization that measures print and digital audiences in Canada — was conducted between July 2015 and June 2016.

"The plan for Metro is to continue to be a local voice," said Sandy MacLeod, chief operating officer for print for the Star Media Group.

"Local people, local faces, local events. To be real to the city that we're in."

Across the country, Metro has 1.68 million daily print readers. It is the No. 3 most-read print paper in Vancouver, Calgary and Edmonton; the No. 2 paper in Winnipeg and Toronto and is now the No. 1 paper in Halifax.

Cathrin Bradbury, Metro's vice-president and editor-in-chief, said Metro is well placed to be the voice of Canada's urban centres.

"Metro is in the right place at the right time: we're young, we're local, we're people-driven, we're optimistic," she said. "We're a paper that tackles issues that people in cities care about, and looks for solutions."

Metro thanks our readers for reading, sharing and commenting on our stories and helping us explore the issues that matter to you. Please help us to become even better by telling us what you think at ottawa@metronews.ca.

METRO

Bernard Rudny and Claire Demerse read Metro Ottawa outside the World Exchange Plaza over lunch on Wednesday. HALEY RITCHIE/METRO

LAW ENFORCEMENT

Politician wants to end Ottawa police contract in Nunavut

Adam Kveton
For Metro | Ottawa

A Nunavut politician is calling for an end to a contract that sees Ottawa police investigate his territory's RCMP officers in cases of potential wrongdoing.

Former Nunavut justice minister Paul Okalik says an Ottawa police sergeant's racist remarks after the death of Inuk artist Annie Pootoogook show the capital's force cannot be trusted to investigate the territory's Mounties.

"It is very troubling to have a senior member of that force have such derogatory views towards a majority of the population here in Nunavut," Okalik said. "I would like to have the agreement with the Ottawa police terminated."

Insp. Jamie Dunlop, who oversees the training of Ottawa officers who perform those investigations, disagrees.

"I have every confidence in the ability of the Ottawa police officers that go up there when required to conduct full, frank and independent investigations," said Dunlop.

"We have a 2,000-member police service here and the (racist) comments made do not reflect the values of the Ottawa police as an organization, nor do they reflect the values of the individuals that work here."

The agreement between the Ottawa police and the Nunavut RCMP has been in place since 2012 and has resulted in 14 investigations, said Dunlop. Of those 14, two have resulted in charges being laid against police.

Dunlop acknowledged the public might have questions about police forces investigating each other. In Ontario, the Special Investigations Unit — an arm's-length, civilian agency — carries out investigations involving police where there has been a death, serious injury or allegations of sexual assault. Dunlop says it's up to Nunavut to create its own similar oversight agency.

Former SIU director Ian Scott says an independent, civilian agency would ease his concerns with the current arrangement.

"It's the most minor form of oversight to have one police service conducting investigations of another police service," said Scott. "(Nunavut) should really be aiming towards a much more independent body."

Dunlop said there is currently no plan to end the agreement between Ottawa police and Nunavut RCMP.

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5 THINGS YOU'LL FIND IN THE NEW LIGHT RAIL STATIONS

The 13 light rail stations opening in 2018 aren't your regular O-Train platforms. Far from it: these state-of-the-art buildings will be packed with all-new integrated signage, ticket booths, digital schedules and, if you're lucky, cafés and convenience stores. Check out the coolest features transit commission approved at its meeting Wednesday.

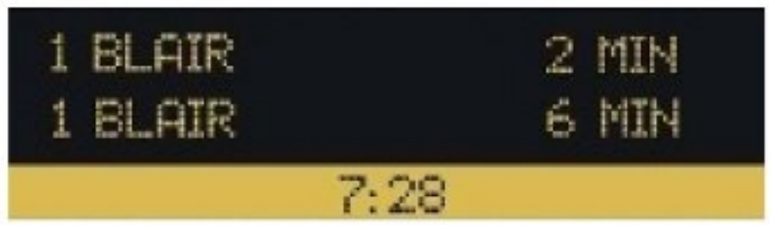
EMMA JACKSON METRO

1 On the run

Grab a muffin on your way to work, or pick up your dry cleaning on the way home: these are the kinds of services that will keep people riding the rails, OC Transpo staff said Wednesday. There's retail space planned at Tunney's Pasture, Rideau, Hurdman and Blair stations, and staff want them filled with open-concept cafés, convenience stores and services.

2 Get with the times

Real-time digital schedules will tell passengers when the next two trains are expected, and audio messages will announce their arrival. With trains arriving every few minutes during rush hour, the signs will keep passengers in the loop without having to check the schedule, staff said. Digital bus schedules with real-time updates will also be installed for passengers transferring to local routes.



3 The O Dot

Like London's infamous tube signs, staff want the O-Train's "big, red O" to become a universally recognizable symbol that transit is ready and waiting nearby. The illuminated Os will be posted outside all train station entrances, and the same theme will be incorporated into major station signs. Staff are working with tourist agencies to make sure visitors get the message, too.

4 Take a walk

Using transit can be disorienting if you don't know where you're going, so staff have developed localized maps for each station that show passengers what's within five minutes' walking distance of the exit. Particularly in the downtown core, this will help tourists (and inexperienced residents) figure out which way is up and how to access major landmarks, staff said.

5 Seeing red (and green)

System maps will look a lot like Christmas — even in July — since the system will use red and green markers to differentiate lines one and two. Staff dismissed concerns this choice could impact people with colour blindness: they said particular red and green hues will create contrast between the two colours, and they'll be tested to make sure they're legible to everyone.

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Two lanes for bikes, one for cars

TRANSPORTATION

First pilot of its kind said to be 'ideal' fix for Somerset

Adam Kveton
For Metro | Ottawa

The question when building cycling infrastructure is where to draw the line — paint a new lane for cyclists, or paint images of bikes on the road to remind drivers to share the space.

But when it comes to the city's new "advisory cycling lane" pilot project, the decision was to remove a line — in this case, the yellow dividing line between both directions of vehicle traffic.

A four-block section of Somerset Street E. starting at Range Road by the new Adawe Crossing now sports a pair of cycling lanes and one wide lane that motorized vehicles going both directions must share.

The pilot project — which Rideau-Vanier Coun. Mathieu Fleury calls a first in Ottawa and possibly a first in Canada — is meant to provide cyclists with a safe link to downtown.

"In an ideal world, we would do a complete street along Somerset, but because that requires years of planning and funding, we are putting in a measure that we believe is ideal for this type of street," said Fleury.

Namely, it's a residential street with low speeds, he said.

The president of Citizens for Safe Cycling, Gareth Davies, said he considers the advisory lanes a welcome addition to the city's cycling infrastructure toolkit — one modelled after successful infrastructure used elsewhere in the world.

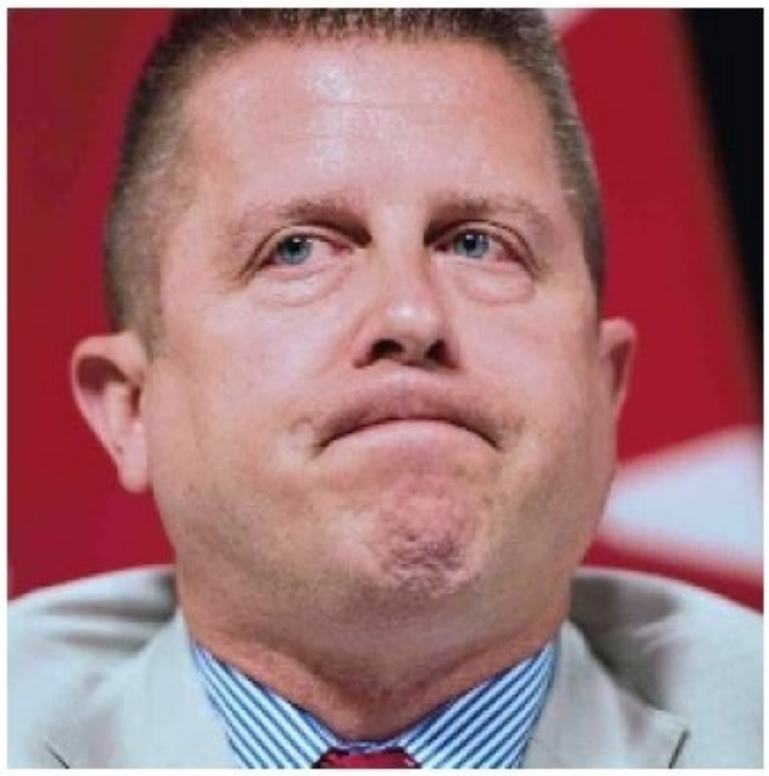
"Advisory lanes would seem to be an improvement over just the sharrows that we see on a lot of streets now," said Davies.

"Time will tell if people use them correctly, but in many ways they are designed to enforce a pattern of good behaviour that hopefully exists currently with most drivers where you would wait until it's safe to get around the cyclist and leave them the one-metre minimum as you pass."

Fleury added that more signage is coming for the area to inform cyclists and motorists how to use the road.

HOW IT WORKS

1. Unidirectional advisory cycling lanes are on each side of the road.
2. Vehicle traffic share a single wide lane.
3. There is no yellow dividing line between motorized vehicle traffic.
4. Vehicles may enter the advisory cycling lanes in order to pass oncoming vehicles, but only if there is no cyclist in the lane. If there is, the vehicle travelling in the same direction as the cyclist must wait to pass.
5. If there is no oncoming vehicle, but there is a cyclist in the advisory lane, vehicles may pass in the wide vehicle lane. ADAM KVETON / FOR METRO



Former Ontario Ombudsman Andre Marin beat Elections Ontario to the punch, announcing his plan to run for the Ottawa-Vanier provincial byelection on Twitter. DARREN CALABRESE/THE CANADIAN PRESS

Candidate gearing up

GOVERNMENT

Ex-ombudsman tweets plan to run in Nov. 17 byelection

Ryan Tumilty
Metro | Ottawa

Residents in Ottawa-Vanier will be going to the polls Nov. 17 and one candidate wasted no time getting the word out.

Andre Marin, the Progressive Conservative contender and former provincial ombudsman, tweeted the news Wednesday before Elections Ontario had released the election date.

"I thought it was public knowledge, so I tweeted it," said Marin. "We're raring to go and we're very excited."

The riding has been a long-time Liberal stronghold, but Marin said he believes the Liberals have worn out their welcome.

"People are mad as hell. This government is old. It's tired. It's been around for 13 years. It's run out of ideas," he said.

Marin said his campaign has been preparing to run since the summer and he is excited things are finally under way.

"Signs are going up this afternoon," he said.

The Liberal candidate in the race is Nathalie DesRosiers, dean of common law at the University of Ottawa. Marin also taught at the school and said while he likes DesRosiers personally, she is running on a damaged brand.

"I know Nathalie well and I respect her, but she is going to have to be accountable when she meets people in Ottawa-Vanier for the decision's of the Wynne government."

DesRosiers was not immediately available Wednesday.

The NDP candidate in Ottawa-Vanier is Claude Bisson, the brother of Timmins-James Bay MPP Gilles Bisson.

WITH FILES FROM THE CANADIAN PRESS

ELECTRICITY

Petition to lower rural hydro rates sent

Haley Ritchie
Metro | Ottawa

Signed, sealed and delivered: Osgoode ward Coun. George Darouze said residents will be making election decisions based on a petition he delivered to Queen's Park on Wednesday.

Darouze joined MPP Lisa MacLeod in Toronto on Wednesday to present a petition that demands the province lower hydro rates for Ottawa's rural residents.

It's the latest effort by Darouze, who also penned a letter to Premier Kathleen Wynne last month, to deliver some hydro bill relief to his rural constituents.

Darouze said there are 45,000 Ottawa residents, many in his ward, who are not part of the Hydro Ottawa grid, but instead pay Hydro One rates. Those electricity rates are on average 30 per cent more expensive, a number Darouze said is unacceptable.

"The impact on myself, and my residents, is that we pay 30 per cent more than anyone else," said Darouze. "The pressure is financial. People have to make decisions about whether they eat or keep the light on."

The petition delivered to Queen's Park on Wednesday —titled Fair Hydro to Ottawa — calls for the provincial government to allow Hydro One customers in Ottawa to pay a harmonized rate. The province's energy minister now has 45 days to answer to the petition.

"It's perfect timing, to get an answer before Christmas," he said. "We will be making our choices in the next election to see who will help us ..."

The city tried to solve the hydro rate discrepancy about a year and a half ago by trying to buy the areas served by Hydro One and bring them under the umbrella of Hydro Ottawa.

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NEW ZEALAND

Local man's remains found 3 years after landslide

Police in New Zealand say they've found partial remains of a Canadian man whose vehicle went off a highway in the country three years ago.

Connor Hayes and Joanna Lam were in a camper van near New Zealand's Haast Past in September 2013 when police say the vehicle was swept off a highway by a landslide.

Police say the Ottawa couple was killed in the crash.

Twenty-four-year-old Lam's body was recovered days later from a beach north of the tourist town of Haast, but Hayes, 25, was never found.

THE CANADIAN PRESS

Pay backlog issues grow

GOVERNMENT

Complex-issue cases unlikely to be resolved this month

Ryan Tumilty
Metro | Ottawa

The federal government is unlikely to meet its self-imposed deadline for dealing with a backlog of problems with its Phoenix pay system.

So far 51,000 of the 80,000 problem cases have been resolved, and the government should be close to clearing all of them by Oct. 31, said Marie Lemay, deputy minister of Public Services and Procurement Canada.

"We believe the bulk of our backlog will be eliminated by this date, however it is possible we will have more cases that will require additional time," she said during an update Wednesday.

She said the remaining cases will involve more complex issues.

"We are processing some transactions that date back several years, so a fair amount of research is required," she said.

She said the additional staff the government had brought in to deal with the problem are working as hard as they can to address the problem.

"These individuals have been regularly working evenings, weekends," she said. "Everyone is fully committed."

Marie Lemay, deputy minister of Public Services and Procurement Canada, says staff are fully committed to resolving backlog with Phoenix pay system. JUSTIN TANG/THE CANADIAN PRESS

> **Our service standards are going to start increasing.**
> Marie Lemay

Dealing with the large backlog has also delayed resolution of new problems that have popped up in the system.

Chris Aylward, national executive-vice-president of the Public Service Alliance of Canada, said that's one of the major concerns of his members.

He said the union told the government their Oct. 31 deadline was not achievable and members are worried these issues could drag into the new year.

"They're flying by the seat of their pants and it's getting very frustrating for our members who are not being paid," he said.

Aylward said the union plans to take the issue to court to force the government to get the system working.

Lemay said they are going to hold onto the extra staff, brought in to deal with the backlog, until the system is working as expected.

"Those transactions will start flowing a lot better and our service standards are going to start increasing," she said.

SEXUAL ASSAULT

Teacher faces 35 charges

Haley Ritchie
Metro | Ottawa

Ottawa police have laid over 30 charges against a former teacher accused of sexual assault.

Donald Greenham, 73, has been charged with 17 counts in indecent assault, 17 counts of gross indecency and one count of intimidation by the Sexual Assault and Child Abuse Section.

Greenham was charged with 14 similar offences on Aug. 22, following complaints from seven new victims, police said.

The charges are linked to incidents that occurred between 1971 and 1981, when Greenham worked as a teacher and coach for the Ottawa-Carleton District School Board. The victims ranged in age between 13-18 years and were not identified by gender.

Police are encouraging other victims to come forward.

"The Ottawa police will respect a victim's wishes to pursue or not pursue the matter before the courts," Staff Sgt. Angela McDade, SACA, said in a release.

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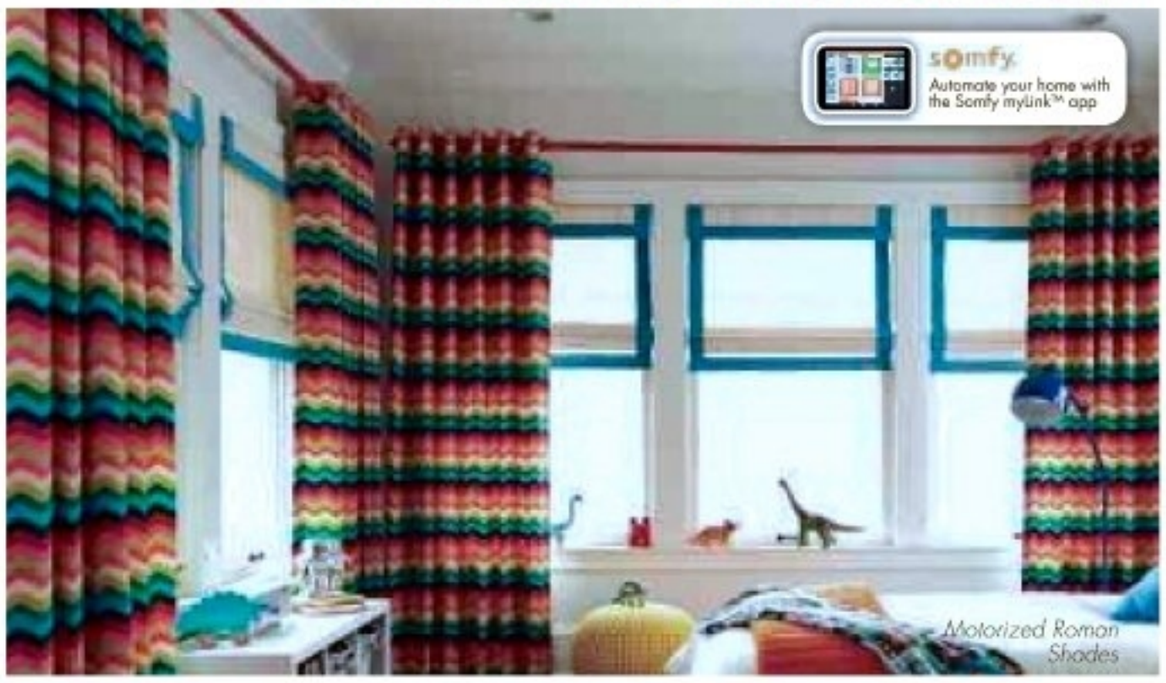

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5 Things to know about Trudeau a year after win

Canadians have learned a lot about Justin Trudeau in the year since he was elected prime minister. Here are five things you didn't know before:

THE CANADIAN PRESS

1 He plays his cards close to his chest.

Before and during the election campaign, Trudeau would let you know where he stood on issues. Marijuana? Legalize it. Deficits? Down with it. But since coming to office, he has kept particular views to himself. On the specifics of building pipelines and electoral reform, Trudeau doesn't say what projects or voting system he backs. When asked about pipelines, Trudeau talks about the economy and environment going hand in hand. "He's a waffler in the grand Liberal tradition," says Nelson Wiseman, director of the Canadian Studies Program at the University of Toronto. Trudeau likely has about two years at the most to push one or two major issues before he heads into re-election mode. He has spent the past year watching his polling numbers stay high and building political capital. What will he spend it on?

2 He's a different leader than his father

The opposition likes to razz Trudeau about taking too many selfies and not focusing on the issues of the day. No one believes Trudeau isn't authentic when he poses for pictures or shakes hands with crowds. Trudeau is more social than many anticipated, Wiseman says, including letting people connect with him through his family. Trudeau's public image is opposite in many ways to that of his father, Pierre Elliott Trudeau, who Wiseman describes as aloof and calculating: "You can't imagine the younger Trudeau say, 'Just watch me.'"

3 He's still campaigning

Penny Collenette, a former official in the Prime Minister's Office during Jean Chrétien's tenure, says it's almost as if Trudeau is still in campaign mode a year later. "Perhaps his true governing style will not become apparent until budget decisions have to be made." Max Cameron, director of Centre for the Study of Democratic Institutions at UBC, also says Canadians are likely to learn more about Trudeau's positions on issues during his second year in office.

4 He's no micromanager

Andrew Potter, director of the McGill Institute for the Study of Canada and the former editor-in-chief of the Ottawa Citizen newspaper, says some in politics like to wallow in the fine details, while others govern from 30,000 feet. "Trudeau seems oddly disengaged to me," says Potter. Some decisions have caught people pleasantly by surprise, such as having gender parity in cabinet. But that's not what has people confused. Trudeau seems keen on being a global political leader and basking in the international spotlight. The issue is what Trudeau does when he returns home. "It's not clear to me what he's actually doing," says Potter.

5 He can play hardball

At its core, governing is about making tough choices and trade-offs, says Cameron. Trudeau has shown an ability to wear a black hat when the situation demands it, such as his plan for a price on carbon, or taking a hard line on health-care funding. In both cases, Trudeau took a position sure to be unpopular with the premiers, despite having vowed to work with them, Cameron says. Indeed, he's adopted more conservative policies on health-care funding and greenhouse gas emission targets, says Potter — showing that Trudeau understands sunny ways might be a great strategy to get elected, but a terrible strategy to govern.

POLITICS

Immigration spike on the table: Minister

A high-powered group of external advisers is calling for a dramatic increase in Canada's immigration levels, but Immigration Minister John McCallum says that might be too ambitious.

McCallum said Wednesday he's read the report by the Advisory Council on Economic Growth that calls for a 50-per-cent increase in targets to 450,000 people a year.

The measure would target skilled, entrepreneurial newcomers in an attempt to stimulate economic growth.

The 14-member panel, chaired by Dominic Barton of the firm McKinsey and Co., is to deliver a set of recommendations to Finance Minister Bill Morneau on Thursday.

McCallum said meeting the target suggested by Barton's group would be costly and might not find broad national support.

"The figure he gives is a huge figure," McCallum said.

A survey released by Canadian Manufactures and Exporters said the most pressing challenge facing its member companies is "attracting or retaining skilled labour."

Matthew Wilson, the organization's senior vice president, said manufacturers have traditionally looked beyond Canada's border to find skilled workers.

But the government needs to do more to make sure the immigrants they allow into Canada actually have skills that are needed, Wilson added.

THE CANADIAN PRESS

IN BRIEF

Girl's leg broken during cheese-rolling festival

A lawsuit alleges that a cheese-rolling competition in Whistler, B.C., went from fun to frightening when a wheel of cheddar crashed into a three-year-old girl. It says Juli Nonaka was watching the festival when the five-kilogram wheel came down the hill and stretched a safety net, colliding with her.

THE CANADIAN PRESS

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Clinton, Trump meet for last debate

U.S. ELECTION

Debate could make or break either campaign

THE ASSOCIATED PRESS

As the long and rancorous campaign lurches toward an end, Wednesday night's final debate gave Donald Trump an opportunity to turn around a race that appears to be slipping away from him.

While Hillary Clinton's campaign is confidently expanding into traditionally Republican states, Trump's narrow electoral path is shrinking. Already unpopular with a majority of Americans, the GOP nominee has been battered by recent revelations of his vulgar comments about women and a string of sexual assault allegations.

Clinton's challenge is to both keep up her aggressive efforts to paint Trump as unfit to be president and start moving to ease America's deep divisions, which have only been exacerbated during the campaign.

The latter is no easy task for the Democratic nominee, given the public's persistent questions about her honesty and trustworthiness.

Clinton faced debate questions for the first time about revelations in her top adviser's hacked emails that show her striking a different tone in private than in public regarding Wall Street banks and trade. The Clinton campaign says the FBI is investigating the hacking of John Podesta's personal email as part of a broader inquiry into Russia's role in stealing emails from other Democratic groups.

Wednesday's 90-minute contest in Las Vegas came just under three weeks before Election Day and with early voting underway in more than 30 states. At least 2.4 million voters have cast ballots already, well above the rate for this time period four years ago.

Public opinion polls show Clinton leading in nearly all battleground states. On Monday, her campaign stepped up its efforts in Arizona, a state that has voted for a Democratic presidential nominee just once in the past 62 years.

Trump has leaned on an increasingly provocative strategy in the campaign's closing weeks, including contending the election will be rigged, despite no evidence of widespread voter fraud in U.S. presidential contests. He's also charged that Clinton attacked and intimidated women involved with her husband's affairs, bringing three women who accused former President Bill Clinton of unwanted sexual contact and even rape to sit in the audience for the second debate. The former president has never been charged with crimes related to the encounters, though he did settle a sexual harassment lawsuit.

Trump is bringing President Barack Obama's half brother, Trump supporter Malik Obama, as his debate guest Wednesday night. Clinton is bringing billionaire and frequent Trump critic Mark Cuban and Hewlett Packard Enterprise CEO Meg Whitman, one of the former secretary of state's highest-profile Republican backers.

Clinton spokesman Brian Fallon said the Democratic nominee "will be ready for whatever scorched-earth tactics (Trump) tries." On MSNBC, Trump campaign manager Kellyanne Conway summed up her advice to her candidate in a word: "Focus."

Clinton, who has meticulously prepared for the three debates at the expense of time in battleground states, visibly rattled Trump in their first showdown by using his own controversial comments about women and minorities against him. The businessman was on defence at the start of the second debate — which came days after the release of a video in which he brags about kissing and grabbing women — but ended on stronger footing, hammering Clinton for being a creature of Washington who won't be able to bring about change.

THE ASSOCIATED PRESS

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Azalea, whose Korean name is Dallae, smokes a cigarette at the Central Zoo in Pyongyang, North Korea. THE ASSOCIATED PRESS

NORTH KOREA

Meet Azalea the smoking chimp

Pyongyang's newly opened zoo has a new star: Azalea, the smoking chimpanzee.

According to officials at the newly renovated zoo, which has become a favourite leisure spot in the North Korean capital since it re-opened in July, the 19-year-old female chimpanzee, whose name in Korean is "Dallae," smokes about a pack a day. Dallae is short for Azalea.

They insist, however, she doesn't inhale.

Thrown a lighter by a zoo trainer, the chimpanzee lights her own cigarettes. If a lighter isn't available, she can light up from lit cigarette if one is tossed her way.

Though such a sight would draw outrage in many other locales, it seemed to delight visitors who roared with laughter on Wednesday as the chimpanzee, one of two at the zoo, sat puffing away as her trainer egged her on. The trainer also prompted her to touch her nose, bow thank you and do a simple dance.

The zoo is pulling in thousands of visitors a day with a slew of attractions ranging from such typical fare as elephants, giraffes, penguins and monkeys to a high-tech natural history museum. THE ASSOCIATED PRESS

MOSUL

Iraqis rise against militants

The mutilated bodies of Daesh fighters were strewn on the ground of this northern Iraqi town on Wednesday. One was burned. Another's face was flattened by abuse.

Iraqi troops on the march toward Mosul moved into al-Hud a day earlier and declared it liberated. But they found residents had already risen up and killed many of the militants themselves.

Iraqi forces advancing from the south and east are fighting to retake the towns and villages that dot the plains and line the Tigris River leading to the city. At times, they've met fierce resistance, with the militants sending explosives-packed vehicles careening toward the troops' positions.

This area has been under control of the militants ever since the summer of 2014, when Daesh fighters captured Mosul and much of the north.

In al-Hud, residents saw their chance to get rid of them. On Monday, a man paraded through town with an Iraqi flag in a show of defiance. Daesh fighters shot and killed him. News spread among the hundreds of people living in the town, and soon a crowd turned on the militants.

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Virtual reality arcades catch on

SMALL BUSINESS

Owners bank on gamers trying out new technology

Vanessa Glavac plays a puzzle game at Ctrl V Virtual Reality Arcade in Waterloo, Ont. HANNAH YOON/THE CANADIAN PRESS

Chris McGuire plays at Ctrl V, Canada's first virtual reality arcade and gaming hub. HANNAH YOON/THE CANADIAN PRESS

Imagine walking into a black-walled, nondescript room that instantly transforms into another world where you can explore outer space or defend a castle from monsters — all by donning a virtual reality headset.

That's the experience that awaits visitors at one of the number of new VR arcades opening up across Canada. Business owners are hoping to capitalize on gamers' interest in trying out the immersive technology, even as it becomes more readily available for the public to use at home.

Since the summer and over the past few weeks, several companies have started releasing high-end VR headsets for consumers. But some industry insiders and VR arcade owners aren't concerned, arguing that the mass extinction video game arcades of the '70s and '80s faced won't beset this growing industry because obstacles like price and space still exist when it comes to bringing the true VR experience to households.

It's impossible to know how many VR arcades exist but more and more are opening up, says Bernie Roehl, co-founder of the Virtual Reality Standards Board that advises commercial VR facilities on best practices.

"It ranges all the way from huge, massive, literally multi-million-dollar installations, all the way down to an Internet café," he said, describing the gamut of VR arcades that exist in the global marketplace.

> **Most people have never played virtual reality.**
> Robert Bruski

Several of these facilities already operate in Canada, including Ctrl V, which opened its first Waterloo, Ont., location last June. It boasts 16 play spaces where visitors can select from more than 20 games, including multi-player experiences, with new ones added monthly for about $25 an hour.

Ctrl V has since expanded to a second spot in the city and is planning for at least another 20 locations in the first year, says its chief financial officer Robert Bruski. He says the company has received about 160 applications to open franchise locations — mostly in Canada and the U.S., but also from the U.K., France, Australia and South Africa.

"Most people have never played virtual reality, so it's new to everyone," says Bruski.

Roehl says there's a need for VR facilities because they allow consumers to try out the technology at a reasonable price.

Even though the HTC Vive VR headset started shipping orders to Canada this summer — with the PlayStation VR and the Oculus Rift having launched more recently — the price of these systems still makes it prohibitive for most gamers, he says.

THE CANADIAN PRESS

IN BRIEF

SNC-Lavalin fined for generating electricity

The Ontario Energy Board has fined SNC-Lavalin $75,000 for operating a gas-fired electrical generating plant at Toronto's Pearson International Airport without a licence for the past 10 years. Ontario Energy Minister Glenn Thibeault said the Greater Toronto Airports Authority did have a licence as the owner of the electrical generating plant, but the operator, SNC-Lavalin, didn't get one until it was ordered to do so last June.

THE CANADIAN PRESS

Court sides with Canada Post in mailbox dispute

Ontario's highest court has ruled in favour of Canada Post in a dispute with the City of Hamilton over the placement of community mailboxes. Hamilton brought in a bylaw last year that required Canada Post to obtain a $200 permit per site to install boxes on municipal land.

THE CANADIAN PRESS

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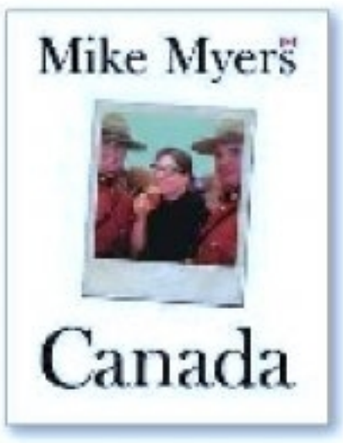

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metro VIEWS
Your essential daily news
Thursday, October 20, 2016

CHANTAL HÉBERT ON THE GOVERNMENT'S FIRST ANNIVERSARY

The alignment of the stars continues to favour the PM. With the opposition parties leaderless, the biggest risk to the Liberals these days is to let success go to their heads.

Much celebration — for the most part justified — is attending the first anniversary of Justin Trudeau's election victory. Twelve months later, polls elicit no buyer's remorse. Many voters who did not support Trudeau last year are on balance happy he won.

The alignment of the stars continues to favour the prime minister. With the opposition parties leaderless, the biggest risk to the Liberals these days is to let success go to their heads.

On that score, it may be time to keep Trudeau away from his press clippings.

On three occasions since the House reopened last month — including twice in this anniversary week — the prime minister has short-circuited negotiations between his ministers, the provinces or the opposition parties.

In an interview published in Le Devoir on Wednesday Trudeau signalled he is no longer enamoured with his promise to change the voting system in time for the next election.

The prime minister argues that on the heels of the election of a Liberal government, many Canadians no longer feel it is urgent to do away with the first-past-the-post system.

The outcome of the last election has indeed alleviated the fear of many progressive voters that, under the current system, the division of the opposition vote would give the Conservatives a virtual lock on federal power.

But the Liberal zeal for moving away from a system that has just delivered them a majority has flagged at least as quickly as the electorate's sense of urgency.

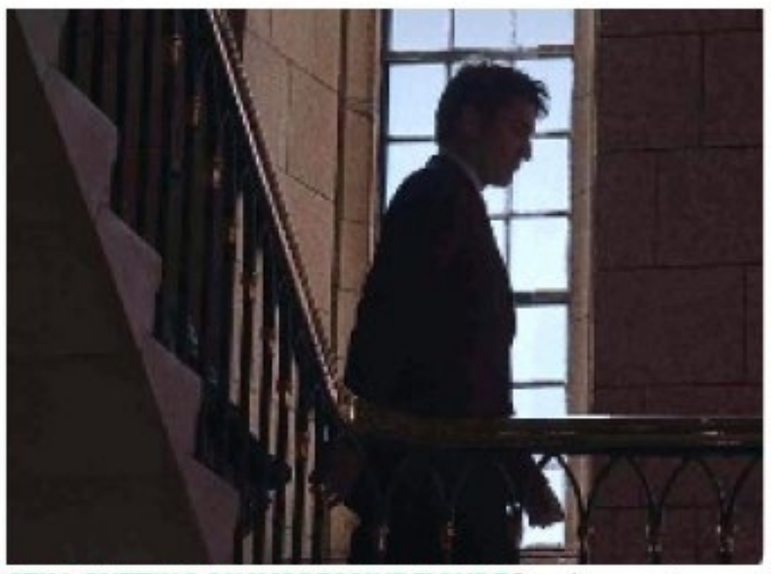
The last election alleviated progressive voters' fear that the current electoral system would give the Conservatives a lock on federal power.

In his early days as prime minister, Jean Chrétien celebrated election anniversaries by listing all the platform commitments he had honoured. Trudeau, it seems, believes the occasion lends itself to backtracking on promises.

The prime minister's timing is counterintuitive in yet another way: an all-party committee is about to try to craft a consensus on the way forward on electoral reform. Trudeau may have wanted to send the NDP and the Greens a message that if they do want a different system, they will have to put much water in their wine to find common ground with the Liberals.

But his comments can only exacerbate the Conservatives' sense that his only interest in moving to a different voting system would be to rig future elections against their party.

Trudeau's musings also shore up the perception that the Liberals on the electoral reform committee, along with reform minister Maryam Monsef, are on a mission to sabotage the discussion.



STILL CUTTING AN IMPRESSIVE FIGURE Despite recent statements that made life difficult for his cabinet ministers, Justin Trudeau retains that new-PM sheen one year in. THE CANADIAN PRESS

Standing at his seat in the Commons earlier this week, the prime minister alleged that the provinces have been diverting federal health dollars towards other programs.

Provincial health spending has been increasing at about half the pace (three per cent) of the federal health transfer. But Ottawa funds only a fraction (23 per cent) of the total provincial health bill. Even with the current six-per-cent escalator clause on that amount, the federal increase does not cover the actual rise in total health spending. The bottom line is that the prime minister is basing his case for cutting the annual increase in half on a mathematical fallacy.

The main result of Trudeau's comment was to make a difficult conversation between federal Health Minister Jane Philpott and her provincial counterparts even more antagonistic. Trudeau did not create this week's stalemate, but he is certainly not contributing anything constructive to its resolution.

On the day last month when the prime minister declared his intention to set a national floor price on carbon, Canada's environment ministers were meeting to discuss climate change. They were put in front of a fait accompli. Some of them walked out on Environment Minister Catherine McKenna.

For the most part Trudeau earned kudos for the substance if not for the method of his announcement on carbon pricing. It was an overdue move on the part of a federal government.

Reviews of his health-care approach are more mixed. The federal government does not need provincial approval to determine the level of its health transfer, but it can't get the reforms it hand-picked in its platform off the ground without provincial co-operation.

Electoral reform is not a top-of-mind issue for most voters. The political costs of Trudeau ditching the promised introduction of a different voting system in time for 2019 would not be prohibitive.

But when one connects the dots between the prime minister's interventions on three of this fall's time-sensitive files, one finds little evidence of the collegiality Trudeau promised last year.

Chantal Hébert is a national affairs writer. Her column appears in Metro on Thursdays.

VICKY MOCHAMA

A stress eater's guide to enduring the U.S. election

Watching the Democrats and Republicans battle it out first made me angry, then massively hungry.

For two years we've been hearing about this seemingly endless election. Would Bill Clinton be an asset or a liability to Hillary? What about ISIS? Would the GOP get it together? (Spoiler: no.)

I'm starving.

On Tuesday night, I made 24 cornbread muffins. I am not a baker. I don't like to encourage associations between me and kitchens. I was arming myself for last night's debate. Eating your feelings is an essential survival strategy for this election.

I was unprepared for the first debate: a plate of nachos and salsa. The next day, I ate a chocolate chip cookie every hour until the world felt right again. Luckily, the second debate was on Thanksgiving. It gave me a full plate to stare miserably into during each of the 55 times that Trump interrupted Clinton. The key is to keep chewing; otherwise bites of poultry will fall out of your mouth and onto your lap when the Republican candidate threatens to jail his opponent.

On Super Tuesday, Heather Whaley, writer of the book Eat Your Feelings: Recipes for Self-Loathing, recommended making a soup. To start: "Turn off the television, turn off the radio, put your phone in your sock drawer, and pre-heat the oven to 425." To finish: "Serve this with some crusty bread, a nice sharp cheese, and something bracing because it's going to be a long nine months." And so it has been.

The nine months has been ample time to develop a warm, cordial relationship with my local food-delivery people. To stay in their good graces (and get my order in a timely fashion), I've had to be careful that my food reflects my politics. In this wild and wacky cycle, even a bucket of chicken is more than it seems. The political-action committee created by Yum! Brands — owner of Taco Bell, Pizza Hut and KFC — donated over $2,000 to a conservative PAC led by former Republican congressman Eric Cantor, according to Eater. Given that congressional Republicans have obstructed every one of President Obama's plans, it's probably better to forgo the stuffed-crust double pepperoni with mushrooms in favour of the neighbourhood Thai spot.

Every Big Food brand, from Skittles to Wendy's, seems to have gotten in on the campaign; the search for friction-free packaged fare may be futile. Thus, I bake. For last night's debate, I sat down with a glass of wine, 21 muffins (three did not survive the wait), a bowl of soup and a creeping sense of dread.

Now that we're past the final debate, with only Election Day left to contemplate, just one question remains: What does one eat for the apocalypse?

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metro LIFE

Your essential daily news

Thursday, October 20, 2016

"Dearest Tampa, I'm sorry you didn't want me, a comedian who talks about what she believes in, to mention the biggest thing going on in our country right now. How could I think it was OK to spend five minutes having a peaceful conversation with someone with different views?" **Amy Schumer, on people walking out of her show where she criticized Donald Trump.**

Let your kids eat some dirt

INTERVIEW

Author urges us to ditch the hand sanitizer for better health

Let Them Eat Dirt author and microbiologist Marie-Claire Arrieta says that our liberal use of antibacterial soaps and hand sanitizers are having a negative impact on our children's immune systems. ISTOCK

Yes, it's important to wash your hands. It's critical during cold and flu season and especially if you visit someone at the hospital.

The problem is — in the West at least — parents have taken the business of keeping clean way too far. New science shows that a lot of the tiny organisms called microbes that we're so busy blasting away with our hand sanitizers, antibacterial soaps and liberal doses of antibiotics are having a profoundly negative impact on our kids' immune systems, says microbiologist Marie-Claire Arrieta, co-author of a new book called Let Them Eat Dirt: Saving Our Children from an Oversanitized World.

The assistant professor at the University of Calgary, along with her co-author, esteemed microbiologist Brett Finlay, make the case that we're raising our kids in a cleaner, more hyper-hygienic environment than ever before. They say that overdoing it the way we are is contributing to a host of chronic conditions ranging from allergies to obesity. Here, Torstar chats with Arrieta.

What inspired you and Finlay to write Let Them Eat Dirt?

We're both microbiologists and we've been studying the community of microbes that live in our guts — what we call our gut microbiome. In recent years research from our lab and other labs has shown that the health of this microbiome early in life is really crucial to our lifelong health. It's not just that we're scientists but we're both parents. We thought that parents and caregivers would really benefit from us bringing this knowledge to the public.

We've been hearing for some time that overusing antibiotics may lead to antibiotic-resistant hospital infections, something we may associate with the elderly and other immune-compromised people. But I gather the implications are much more immediate and individual than that. What's the connection between microbes and the development of the immune system in childhood?

When we're born we do not have any microbes. Our immune system is underdeveloped. But as soon as microbes come into the picture, they kick-start our immune system to work properly. Without microbes our immune system can't fight infections well.

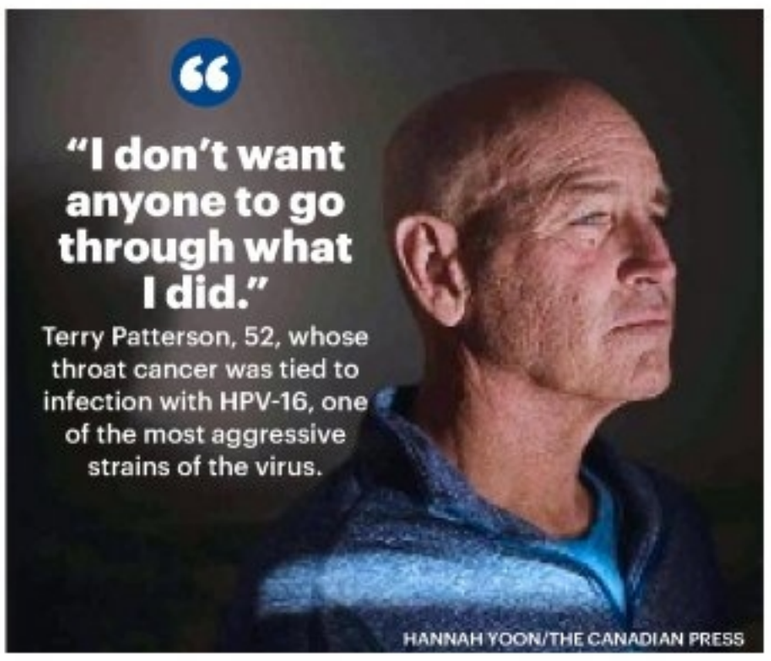
It's not just the presence of these microbes but what they produce. They produce molecules and substances that directly interact with the cells of the lining in our guts, but also with the immune cells that are on the other side of the lining in our guts. They literally train them. It is only upon the encounter with these microbial substances that an immune cell obtains the information to do what they're supposed to do. Then these cells in our gut have the ability to transport themselves to other parts of the body to do more training.

Are there things parents can do — and not do — to make sure they develop a good healthy microbiome and perhaps lower the chances of children contracting allergies, asthma and other related conditions?

Epidemiological evidence shows that kids who are growing up on a farm environment have way less chance of developing asthma. Of course you cannot just pick up your things and become a farmer, but what this suggests is that living in an environment that is less clean is actually better. The same is true for owning a pet, specifically a dog. Let your baby safely play with dogs.

Studies have also shown that cleaning everything that goes in baby's mouth increases their chances of asthma. The incidence of developing asthma is decreased if the pacifier is cleaned in the parent's mouth. And all of this points to the fact that we are just living too clean, to a point that it is not beneficial.

TORSTAR NEWS SERVICE


"I don't want anyone to go through what I did."
Terry Patterson, 52, whose throat cancer was tied to infection with HPV-16, one of the most aggressive strains of the virus.
HANNAH YOON/THE CANADIAN PRESS

RESEARCH

HPV-related oral cancer rates jump in men

Malignant tumours in the mouth and throat caused by the human papillomavirus have risen dramatically among men and could surpass the rate of HPV-induced cervical cancer in women, new statistics from the Canadian Cancer Society suggest.

In a report released Wednesday, the organization said the incidence of HPV-related mouth and throat cancers jumped 56 per cent in males and 17 per cent in females between 1992 and 2012, the latest year for which statistics are available. An estimated 1,335 Canadian men and women were diagnosed with HPV-linked "oropharyngeal" cancers in 2012, and 372 died from the malignancies. They now represent about one-third of all HPV cancers in Canada, equal to the proportion of cervical cancer cases, said Leah Smith, the Canadian Cancer Society epidemiologist who helped author the report.

Human papillomavirus is the most common sexually transmitted infection worldwide. Most sexually active men and women become infected with HPV at some point during their lifetime. Most people clear the virus in about two years, but in a small proportion of those infected, the virus persists and can later cause cancer. This year, almost 4,400 Canadian men and women will be diagnosed with an HPV cancer, including cervical, genital and anal cancers, and about 1,200 will die from their disease.

"HPV is a virus that infects moist skin, namely oral and genital mucosa," said Dr. Eduardo Franco, head of oncology at McGill University in Montreal and a world-renowned expert on the pathogen. "The oral cavity is particularly susceptible, the tissue around the tonsils and the base of the tongue."

THE ASSOCIATED PRESS

2 shots

A U.S. government panel says that preteens only need two doses of the HPV vaccine, not three. This is good news for busy parents who struggle to get their children all three shots within six months.

GRAPHIC NOVEL

Daniel Johnston's eccentric life story

Mike Donachie
Metro | Canada

The Incantations of Daniel Johnston
BY: Ricardo Cavolo and Scott McClanahan
PUBLISHER: Two Dollar Radio
$26.50; 100 pages

This really does read like an incantation.

It may read like the life story of musician and visionary Daniel Johnston, but this graphic novel is remarkable in itself, and just as eccentric.

It is Johnston's life story: his early years, family life, inspirations, career and mercurial talent. There's also mention of his unexpected fame after Kurt Cobain wore a Daniel Johnston T-shirt.

But the more esoteric aspects of his personality, such as his serious mental illness, are there, too, woven into a narrative that somehow takes the weirdness a step further, repeatedly telling the reader to put the book down because it's just not worth the risk.

It is worth the risk. McClanahan's direct-to-reader, declarative style, and Cavolo's brash-yet-balanced use of wile colours and eye-popping layouts, combine into a tribute to one of music's great characters, but also a piece of great art in itself.

Join the incantation. You won't regret it, despite what the book says.

BOOK BRIEFS

Disney CEO working on leadership book

Robert Iger, chairman and CEO of the Walt Disney Co., is working on a book about "leadership and management." Random House announced Monday that Iger will reflect on the "ideas, values and growth strategies" that have underlined his 11 years running the entertainment giant. The book, which will include his thoughts on key decisions such as the acquisition of Pixar, is currently untitled and doesn't yet have a release date. THE ASSOCIATED PRESS

The Very Hungry Caterpillar now dining in digital

The Very Hungry Caterpillar is now dining in digital. On Monday, Eric Carle's picture book classic made its debut in electronic format, Penguin Young Readers said. The new edition includes an audio recording of Carle reading the narrative. The Very Hungry Caterpillar, first published in 1969, has sold more than 40 million copies worldwide. THE ASSOCIATED PRESS

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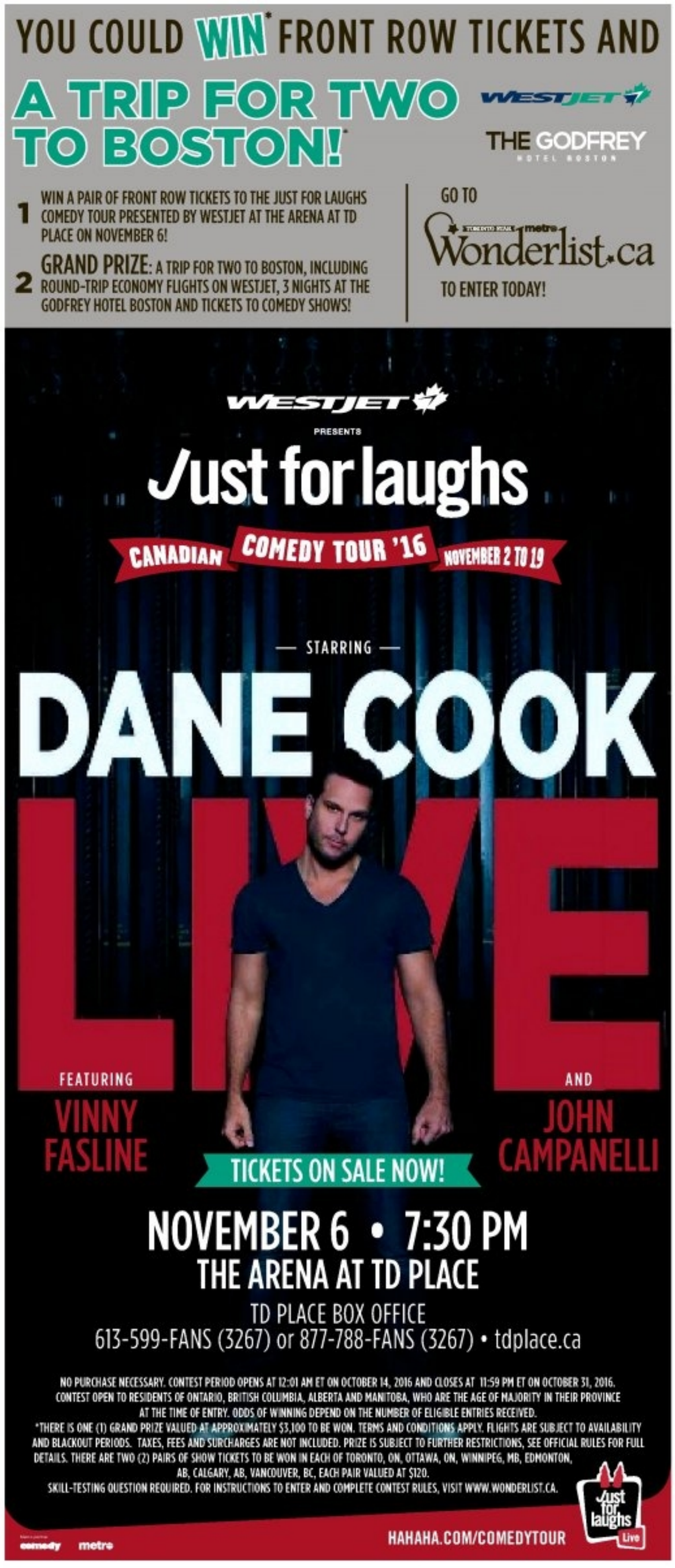
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*THERE IS ONE (1) GRAND PRIZE VALUED AT APPROXIMATELY $3,100 TO BE WON. TERMS AND CONDITIONS APPLY. FLIGHTS ARE SUBJECT TO AVAILABILITY AND BLACKOUT PERIODS. TAXES, FEES AND SURCHARGES ARE NOT INCLUDED. PRIZE IS SUBJECT TO FURTHER RESTRICTIONS, SEE OFFICIAL RULES FOR FULL DETAILS. THERE ARE TWO (2) PAIRS OF SHOW TICKETS TO BE WON IN EACH OF TORONTO, ON, OTTAWA, ON, WINNIPEG, MB, EDMONTON, AB, CALGARY, AB, VANCOUVER, BC, EACH PAIR VALUED AT $120.
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Enter the mind of a misogynist

INTERVIEW

Bydlowska tackles challenging character

Sue Carter
For Metro Canada

Back in 2014, when pop musician Kesha sued her producer Dr. Luke for sexual and emotional abuse, Toronto author Jowita Bydlowska had already finished a draft of her novel Guy, about a misogynist, potentially psychopathic talent agent (named Guy), who literally thinks he's god's gift to women. RICHARD SHOTWELL/INVISION/AP, FILE

Back in 2014, when pop musician Kesha sued her producer Dr. Luke for sexual and emotional abuse, Toronto author Jowita Bydlowska had already finished a draft of her novel Guy, about a misogynist, potentially psychopathic talent agent (named Guy), who literally thinks he's god's gift to women.

Rich in looks and charisma, Guy is responsible for the commercial success of Sisi, a young pop star with whom he had a sexual relationship before she was diagnosed with cancer.

While the parallels between Kesha's accounts of Dr. Luke's manipulations and the way that Guy treats Sisi and other women are purely coincidental, the culture that has allowed predatory male behaviour to thrive for so long is finally being openly discussed — thanks in part to accusations against U.S. presidential candidate Donald Trump — which makes Guy such a prescient read despite its protagonist's shocking behaviour.

Best known for her controversial memoir Drunk Mom, which chronicles an alcoholic relapse after the birth of her son, Bydlowska knew that after all the attention that book received, she needed to write about someone as far away from her own experience as possible.

While holed up in a small cottage town editing the Drunk Mom manuscript — an experience Bydlowska found very difficult, emotionally — she didn't have access to Wi-Fi. One day, while walking to the local internet café (a location that appears in Guy), Bydlowska noticed an attractive man, and tried to catch his eye, wondering, "What's it like to be him?" She recalls thinking in the moment: "It would be such a relief to be someone else for a day."

Jowita Bydlowska. CONTRIBUTED

Rich in looks and charisma, Guy sleeps with "plain girls," whom he rates clinically on a scale of one to 10, delusional in his belief that sex with him somehow opens up these women's futures and changes their lives.

Even Guy's dog, comically named "Dog," plays a prop role in his obsessive philandering. Bydlowska acknowledges Guy is a jerk with many horrible traits, but also views him as complicated and troubled, and even sensitive at times.

"Guy was a really challenging character to write, but in a good way. I didn't give him any of my thoughts, but I certainly used things that I've read online and I've heard from men and women. He was a good channel for social commentary," she says. "Most importantly, I could remove myself from the character. I didn't have to excuse him or talk about myself."

Though the "Lad-lit" genre has been around for a long time with authors such as Nick Hornby and Bret Easton Ellis (whose iconic novel American Psycho was influential on Bydlowska), it is rare for a woman to write such a brutally honest first-person depiction of a misogynist.

Bydlowska felt she had some freedom: she didn't worry about Guy's likeability or appropriating the voice of a wealthy young white man.

"I probably had more room to explore the subject than a man would. I feel like it was a guy who wrote this, he would be in trouble with people thinking it's all about him," she says.

"Though in my case, I've had someone ask already if it's someone that I've dated. It just shows how we think about men and women, and our relationship with the world."

Sue Carter is the editor at Quill & Quire magazine.

metro HOME
Your essential daily news
Shadow 2117-30 is Benjamin Moore's Colour of the Year for 2017

MEET THE CONDO

Striking design near Dows Lake

CLARIDGE ICON

CONTRIBUTED

NEED TO KNOW

What: Claridge Icon
Builder: Claridge Homes
Designer: Hariri Pontarini Architects
Location: On Preston Street
Building: Condominium
Size: 610 square feet to 6,000 square feet.
Pricing: Starting from $291,000
Model: One to four bedrooms, one to two bathrooms
Status: Now selling
Occupancy: Summer 2019
Sales centre: 485 Preston St.
Phone: 613-695-1441
Website: claridgeicon.com

Project overview

Claridge Icon, a new condominium by Claridge Homes, presents a striking geometric design that will be 45 storeys tall — rising above all other residential condos in Ottawa. The building, which is located near Dows Lake, is now under construction. It is planned to be ready by summer of 2019.

Housing amenities

The condo offers amenities like an indoor swimming pool, yoga studio, movie theatre, and party rooms. Concierge services are available 24-hours a day, and retail options are located on the ground floor. The units come with a storage locker for additional space. Parking spaces can be purchased at an additional cost.

Location and transit

The condo is located right in the core of Ottawa, at the Carling and Preston intersection, near Centertown. Hwy 417 is minutes away, and the transit system connects residents to the rest of Ottawa by bus. An O-Train station is right on the doorstep, which will connect homeowners to the new Confederation Line at Bayview.

In the neighbourhood

Residents can enjoy amazing views of Dows Lake, the Rideau Canal, the Dominion Arboretum and Little Italy. Outdoor lovers can access recreational activities, such as kayaking, skating, or walking and biking along a network of paths. The area also offers some of Ottawa's best nightlife. ILANA REIMER/FOR METRO

TRENDS

Get outta here, glimmer! It's matte's turn to shine

Take a look through the fall decor catalogues or browse the aisles of furnishings stores and you'll see a recurring theme: matte finishes.

"Matte is having a moment right now," says Donna Garlough, Joss & Main's style director. "Especially in white, black, chalky greys and pastels. It works because accents and lighting in a matte finish pair so naturally with some of the furniture trends we're seeing."

The velvety, non-glossy sheens offset the natural walnut tones and satiny surface of mid-century wood furniture. And they offer a dramatic contrast to glam elements like burnished and polished metals, clear acrylic, and high- and medium-nap textiles.

"A matte piece can be very grounding, and neutralize the look," Garlough says.

Manufacturers are using a range of techniques, like lime washes, eggshell paints, powder-coating and ceramic firing. When honed instead of highly polished, marble, stone and other materials develop a soft matte glow.

Spanish design shop Mermelada Estudio's spare, linear Alchemy bed frame at CB2, in matte black, is a backdrop for linens of any style. Joss & Main's Elizabeth floor lamp is cast in matte black steel, giving its slim profile a bit of an industrial look.

Lumisource's matte black Austin dining chairs also have an industrial vibe, and would complement a rustic farm table. Or you could pair them with a dining table with mid-century panache, like the Aeon, a satin-finished ash slab on matte, powder-coated steel legs.

Pottery looks especially chic in matte finishes. Check out CB2's Roz planter in cream or deep taupe, as well as the Hendricks vase, with a crisp, white, faceted motif.

Room and Board has an exclusive collection of porcelain vases crafted by New York's KleinReid Studio, based on Hungarian ceramicist Eva Zeisel's modernist designs. Her curvy vessels, rendered in matte grey, carbon and ivory, might adorn a tablescape or mantel.

At Hive Modern, Swedish designer Clara von Zweigbergk's Cirque pendant lamps were inspired by her trip to Copenhagen's Tivoli district.

Bands of spun aluminum in matte hues suggest playful carousels, cotton candy makers and wheels of fortune. Jean-Marie Massaud's Namaste free-form melamine plates resemble flat stones, and come in earthy hues. THE ASSOCIATED PRESS

Swedish designer Clara von Zweigbergk's Cirque pendant light. HANDOUT

A craft screaming cute, not scary

DIY

Because not everyone likes being terrified or grossed out

Not everyone loves a spooky Halloween. Sometimes the scary skeletons and bloody limbs can be too macabre for the littlest trick or treaters. Here are some not-so-spooky Halloween ideas that are fun and festive.

The birds

Turn a dark and eerie flock of dollar-store birds into a festive little gathering of feathered friends.

You'll need:
- Fake birds
- Decorative paper
- Miniature pom poms
- Glue gun
- Double sided tape (optional)

To make a party hat, make a cone shape out of decorative paper, using glue or double-sided tape to hold the cone together.

Glue the pom pom to the tip of the hat. Let dry. Apply a thin layer of hot glue to the bottom edge of the cone. Place the cone on the bird's head. Let dry.

A no-carve painted pumpkin menagerie

You'll need:
- You'll need:
- Pumpkins
- Acrylic paint
- Paintbrush
- Felt
- Scissors
- Craft paper
- Glue gun

To make the fox, paint a face on the pumpkin. Use scissors to cut out the shapes of the ears and tail, and then add accents with paint. Let dry. Use a glue gun to attach the paper ears and tail to the pumpkin.

To make the owl, paint a white face on the pumpkin. Using felt cut out circles for the eyes and a triangle for the nose. Attach felt pieces using a glue gun.

For the bat, paint the pumpkin using grey paint. Let dry. Cut out a set of wings, eyes, mouth and fangs using felt. Add accents to the eyes and fangs with paint. Use a glue gun to attach the pieces of felt to the pumpkin.

To make the raccoon, paint the pumpkin grey. Let dry. Cut out a pair of ears, eyes and a nose from felt. Cut out a tail from paper. Add accents to the felt and paper using paint. Use a glue gun to attach the pieces to the pumpkin.

Funny face veggies

A fun alternative to the typical jack-o'-lantern: Draw faces on your veggies! We used an edible marker purchased from a bakery supply store to draw ours. You can also find them at craft stores and cake decorating boutiques.

You'll need:
- Assorted vegetables (light-coloured and firm-fleshed varieties work best)
- Edible ink markers (made from food colouring)

Before drawing on the vegetables, make sure they are dry and at room temperature. This will reduce sweating and prevent the ink from dripping or running.

TORSTAR NEWS SERVICE

These birds take a little time, but they're worth it. For a quick decor fix, just draw a jack-o'-lantern face on some veggies. PHOTOS DEBRA NORTON/FOR TORSTAR NEWS SERVICE

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COLOURS

Don't be intimidated by the boldness of black

Glen Peloso
For Torstar News Service

Let's face it — every colour suffers a little from black envy.

A discussion of colour will eventually conjure up the comment that something has become "the new black." However, there's never a replacement needed. Black is an extraordinary colour, or lack thereof, which requires no new version and is, essentially, needed in every room design in one way, shape or form.

Here are five great ways to introduce an element of this classic tone into your space, ranging from the subtle to the dramatic:

Walls

People are often frightened by the suggestion of a black wall colour or wallpaper. Typically, people associate black with darkness. Conversely, we like to think of it as a rich, deep colour. From a design perspective, darkness refers to poor light levels that can be rectified relatively easily. Black walls make for a dramatic room and works well with mixed metals. The effect is a dramatic, high-design room.

Trim

The standard look is coloured walls and white trim. The white is usually a builder's easy choice, as the trim stock comes with a white "primer" already applied. But that doesn't make it the only choice. The one rule of trim is it should be a consistent colour throughout the house. Black trim can look brilliant, similar to a kohl eyeliner, framing the walls and the room.

Furniture

Black is an amazing colour for upholstered furniture and pieces that are a combination of fabric and wood frames. Traditional pieces, such as a Louis IV or bergère chair, can be wonderfully updated by painting its frames black to feature the silhouettes of the extraordinary designs.

Dining tables or side tables painted black also work in any room and with any colour scheme.

Accents

Not everyone is prepared to go with — or is comfortable with the drama of — black. It does require more attention and maintenance, largely because things such as dust and dirt particles show up more vividly on black. The colour can be used beautifully in details such as backsplashes, lamp shades and wrought iron, or sometimes just in the piping detail on a sofa or chair.

ACCESSORIES

Every room needs some elements of black, even in a beach house purposely layered in whites.

Once you open your mind to it, the possibilities are endless: from black wall clocks to umbrella stands, statues, vases, trays, floor mats, toss cushions and so on.

Black can act either as a visual break from colour, like a rest in music, or as a focal point in a room.

Glen Peloso is principal designer of Peloso Alexander Interiors, national design editor of Canadian Home Trends magazine and a design expert on the Marilyn Denis Show on CTV. Contact him at pelosoalexander.com and follow him on Twitter at @peloso1.

metro SPORTS

Despite 19 C temperatures, MLB decided to keep the Rogers Centre roof closed for Game 5 to have "even conditions for everybody"

Curtain falls on Jays

MLB PLAYOFFS

Cleveland caps its mastery over Toronto's offence in ALCS

Unheralded rookie Ryan Merritt, in only his second major-league start, gave Cleveland the early pitching it needed and the Indians bullpen did the rest Wednesday, bundling the Toronto Blue Jays out of the playoffs with a 3-0 victory in Game 5 of the American League Championship Series.

Carlos Santana and Coco Crisp homered for Cleveland, which won the series 4-1.

Cleveland head to the World Series, looking to erase memories of losses in 1954, 1995 and 1997. They won in 1920 and 1948. Only the Cubs (1908) have gone longer without winning the championship.

Cleveland's injury-ravaged starting rotation meant that manager Terry Francona had to hand the ball to Merritt, whose major-league career consisted of one start, four appearances and 11 innings.

You wouldn't have known it. The 24-year-old left-hander retired the first 10 Jays he faced before leaving with one out in the fifth after giving up just his second hit.

With Merritt looking cool on the mound in the 4-1/3 innings needed to get to Cleveland's excellent bullpen, the Indians picked up solo runs in the first, third and fourth to pull ahead before a sellout crowd of 48,800 under the Rogers Centre roof.

Cleveland first baseman Carlos Santana celebrates after making the final out in Game 5 of the American League Championship Series on Wednesday. CHARLIE RIEDEL/THE ASSOCIATED PRESS

Each team managed six hits.

Blue Jays manager John Gibbons said he was proud of his team and for contending in the ALCS for a second straight year following a 22-year playoff drought in Toronto.

"To stay on top or get close to the top, near the top, I mean, it takes a lot," he said.

"I'm sure there will be some disappointments and grumbling and complaining about how you fell short again, but that's not coming from me. Because I know what these guys did, and I think it's a pretty good accomplishment. The key is we want to take that next step one of these days, hopefully it's next year. But these guys, they did a hell of a job."

GETTY IMAGES

"I know that I'm capable of doing a lot more." Jose Bautista

Wednesday's game was like all the other Cleveland wins. The visiting team's pitching was slightly better, the Cleveland hitting came at the right times and the defence was rock-solid. The Jays managed zero, one, two, five and zero runs against the Indians, who never trailed in Games 1, 2, 3 and 5.

"They seemed to make the right pitches at the right time and got us out and they never let us string base hits together and when we had men in scoring position they seemed to turn it up a notch and go to another level of execution," said Jays slugger Jose Bautista. "My hat's off to them."

Toronto, which hit 10 homers in the wild-card game and ALDS, managed just two against Cleveland although it came close to adding to that total several times Wednesday. Cleveland found the fence six times against the Jays. Bryan Shaw (2-0), Andrew Miller — who was named series MVP — and Cody Allen pitched the rest of the way for Cleveland. Miller continued his mastery over Toronto hitters, giving up a single to pinch-hitter Dioner Navarro in 2-2/3 otherwise perfect innings.

Allen pitched the ninth, giving up a leadoff double Bautista that got the crowd on its feet. He then struck out Josh Donaldson and Edwin Encarnacion and induced Troy Tulowitzki to foul out for his fifth save of the post-season. THE CANADIAN PRESS

GAME 5 In Toronto

3	0

IN BRIEF

Ticats star suspended

The Hamilton Tiger-Cats will be without star receiver/kick-returner Brandon Banks for their crucial division showdown Friday night with the Ottawa Redblacks.

Banks was suspended for two games Wednesday for violating the CFL's drug policy. According to the league, Banks tested positive for methylenedioxyamphetamine, a psychedelic hallucinogenic drug also known as MDA that's closely related to ecstasy.

Hamilton (6-9) trails first-place Ottawa (7-7-1) in the East Division standings. THE CANADIAN PRESS

Stamps take stand against pistol patch on jerseys

The Calgary Stampeders will cover the pistol patch that's on the shoulder of their alternate jersey for the rest of the season to honour former player Mylan Hicks.

Hicks, 23, was fatally shot outside a Calgary club Sept. 25. THE CANADIAN PRESS

Messi nets hat trick, Barça routs Man City

Lionel Messi scored a hat trick to inflict a humbling defeat on his former mentor Pep Guardiola on Wednesday, leading Barcelona to an emphatic 4-0 victory over Manchester City in the Champions League.

Neymar rounded out the scoring after City was reduced to 10 men. THE ASSOCIATED PRESS

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Ottawa metro

RECIPE Tuna Casserole

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We love food classics and a tuna casserole tops the list, as it's equal parts easy and comforting.

Ready in 25 minutes
Prep time: 10 minutes
Cook time: 15 minutes
Serves 6

Ingredients
- 500g package of whole wheat penne or macaroni
- 1 Tbsp olive oil
- 3 cups cremini mushrooms, thinly sliced
- 1 leek, cleaned well and thinly sliced
- 3 Tbsp flour
- 2 cups milk
- 1 Tbsp Dijon mustard
- 1 cup frozen peas
- 1 Tbsp dried thyme
- 3 cans good quality tuna, drained and rinsed
- 1 1/2 cups Gruyere, grated

Directions

1. Cook pasta 2 minutes less than package instructions and drain.

2. In a large pan with olive oil, sauté mushroom and leeks until they begin to soften, about 5 minutes. Sprinkle flour over mushrooms and leeks, stir and cook for 1 minute. Whisk in milk and allow to thicken, 3 to 5 minutes. Stir in mustard and season with salt and pepper after tasting. Add the tuna, frozen peas and thyme.

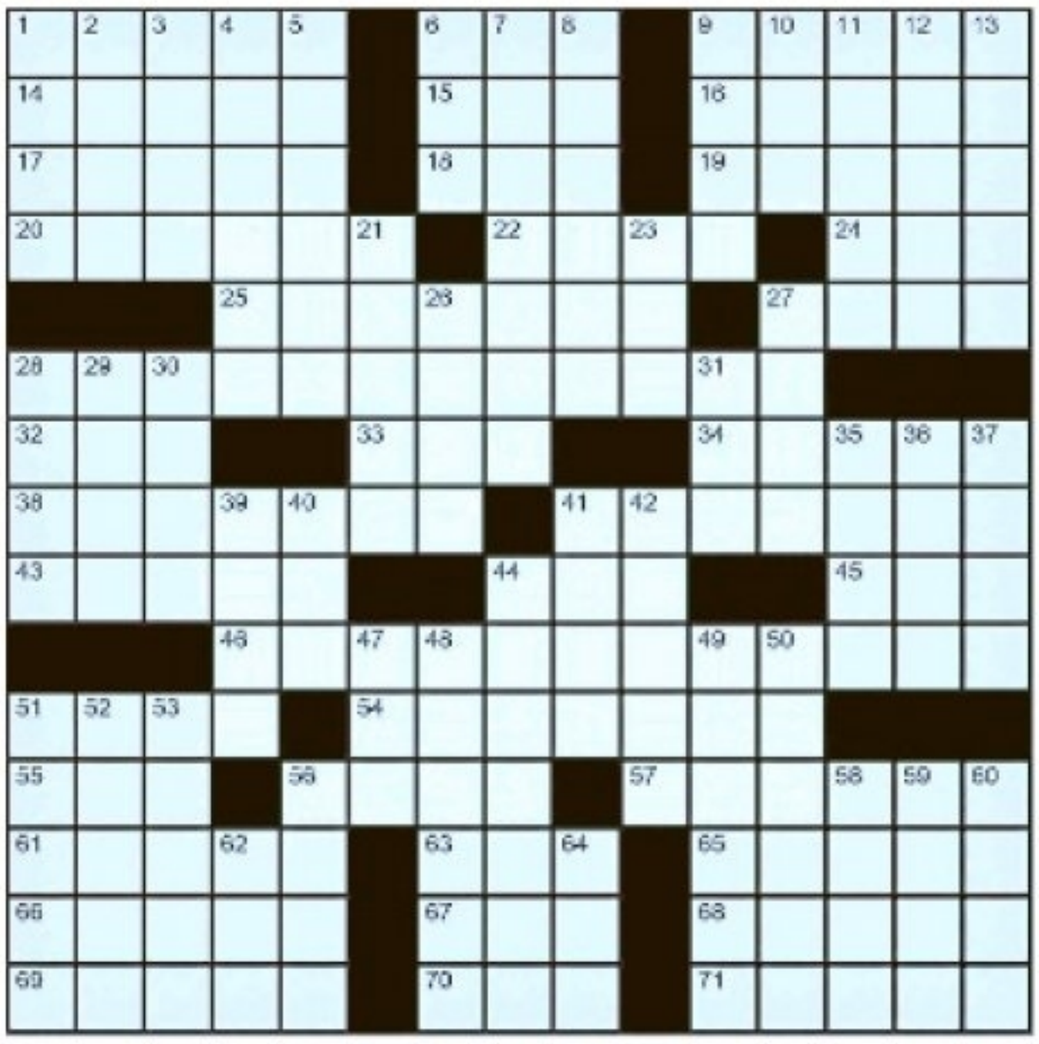
3. Add cooked pasta to the tuna mixture, stir and turn off heat.

4. Pour the mixture into a casserole. Sprinkle cheese over top and pop into the oven and broil for 3 to 5 minutes or until the cheese bubbles and turns brown.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Symbolic pole
6. Stealing bird
9. Jumbo
14. Windy City airport
15. Tavern stock
16. Arm joint
17. Greased
18. Prior
19. Unaccompanied
20. Chekov's portrayer on "Star Trek", Walter __
22. Ended
24. 1960s singer Bobby
25. NOAA... US agcy. that tracks hurricanes, National __ and Atmospheric Administration
27. Taken back [abbr.]
28. Hit by 2016 CMT Artist of a Lifetime honouree Shania Twain that goes: "He can have a '55 Chevy / Or a fancy little pick-up truck...": 4 wds.
32. Bird of Minerva
33. Circular mug part
34. Greek mythology shield
38. Invalidated
41. Box-opening woman of ancient Greek myth
43. Jack-in-the-deck
44. Heel
45. Impede, __ down
46. Shania Twain hit that goes "And I can be late for a date that's fine...": 4 wds.
51. "Piano Man" Billy
54. Tony Orlando's forest favourite: 2 wds.
55. &
56. Lodging of lore
57. Not wide
61. Violinist Mr. Stern
63. Ms. Thurman
65. Gradient
66. Release: 2 wds.
67. '_' _ for Alberta
68. Breakfast cereal brand
69. Jan __ (Dutch painter)
70. Caesar's 61
71. Hold off

DOWN
1. Selected
2. Toledo's locale
3. Narrative
4. Prior to this time, poetically
5. Renaissance family of influence
6. Chip __
7. RCMP, for one
8. Beetle sort
9. Equipment
10. __-defined
11. Overhead
12. Musical group of nine
13. Fall fashions fabric
21. Style of song
23. Green
26. In the thick of
27. Marsh plant
28. Part of NYC
29. Luke's actor brother
30. Sea lettuce
31. Vehicle variety
35. Mongolian desert
36. Atomic Number 26
37. __ advice
39. Shape of Rachael Ray's pot she uses to cook spaghetti noodles
40. Barbie and __
41. Out-of-breath runner's reaction
42. Decorate
44. Betty Crocker product: 2 wds.
47. Poetically far
48. User's reference
49. Banquets
50. Bordeaux grape/wine
51. Law enforcement lock ups
52. Beginning
53. _-_ (Online appointment, say)
56. Computer symbol
58. Movies composer Nino
59. October birthstone
60. Healthy
62. Time period
64. "__ recall..."

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Do everything you can to avoid family arguments today, because they will be aggressive and nasty. Forewarned is forearmed..

Taurus April 21 - May 21
People are argumentative today. However, it mostly will be a battle of egos. You don't need to get involved in this. Save your breath and your peace of mind.

Gemini May 22 - June 21
Disputes about money or possessions might arise today. This is a poor day to engage in these discussions, because there will be a lot of conflict and nothing will be resolved.

Cancer June 22 - July 23
Avoid bullies today. This is the kind of day where someone wants to throw his or her weight around. Be particularly patient with partners and close friends.

Leo July 24 - Aug. 23
Someone behind the scenes might be working against your best interests today. If you think something fishy is going on — it is! Watch your step.

Virgo Aug. 24 - Sept. 23
You might have an argument with a friend today, especially a female friend. Or you might have a disagreement with anyone. Try to postpone these discussions for another day.

Libra Sept. 24 - Oct. 23
Quarrels with authority figures — bosses, parents, teachers, VIPs and the police — will not be pleasant today. Knowing this ahead of time, you can skirt this. Give your boss a wide berth.

Scorpio Oct. 24 - Nov. 22
Avoid controversial subjects like politics, religion and racial issues today, because they quickly will turn nasty. You don't need this. Take the high road and ignore these conversations.

Sagittarius Nov. 23 - Dec. 21
Don't be tempted to debate about shared property, inheritances, taxes and debt today. This is a poor day for arguments because people just want to fight. Yikes!

Capricorn Dec. 22 - Jan. 20
Today the Moon is opposite your sign, which means you have to go more than halfway when dealing with others. The minute trouble starts, be ready to compromise.

Aquarius Jan. 21 - Feb. 19
Relations with co-workers will be testy today. Don't make an issue about anything. Sometimes you have to lose a battle to win the war.

Pisces
Feb. 20 - March 20
Parents must be patient with kids today. Hissy fits and meltdowns are par for the course. Everyone has frayed tempers today. Easy does it. Demonstrate grace under pressure.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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			8		3			

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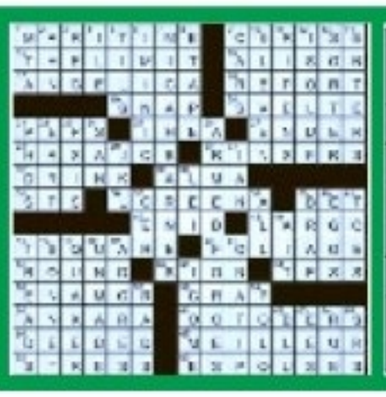

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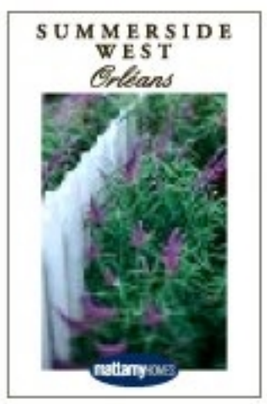
The Valleyfield Model Home
in Half Moon Bay, Kanata



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